

The POW/MIA Recognition Day Ceremony  
will be held at the hospital's Flag Pole  
Sept. 19, at 7:45 a.m.



Robert E. Bush  
Naval Hospital

#### Important Dates in September:

Physician Assistants est. Sept. 1, 1971

Patriots' Day -- Sept. 11

Navy Ombudsman Appreciation Day --  
Sept. 12

Emergency Medicine named 23rd  
Medical Specialty -- Sept. 21



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# THE EXAMINER

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## Leadership Ensure Corpsmen have a Comfortable Barracks

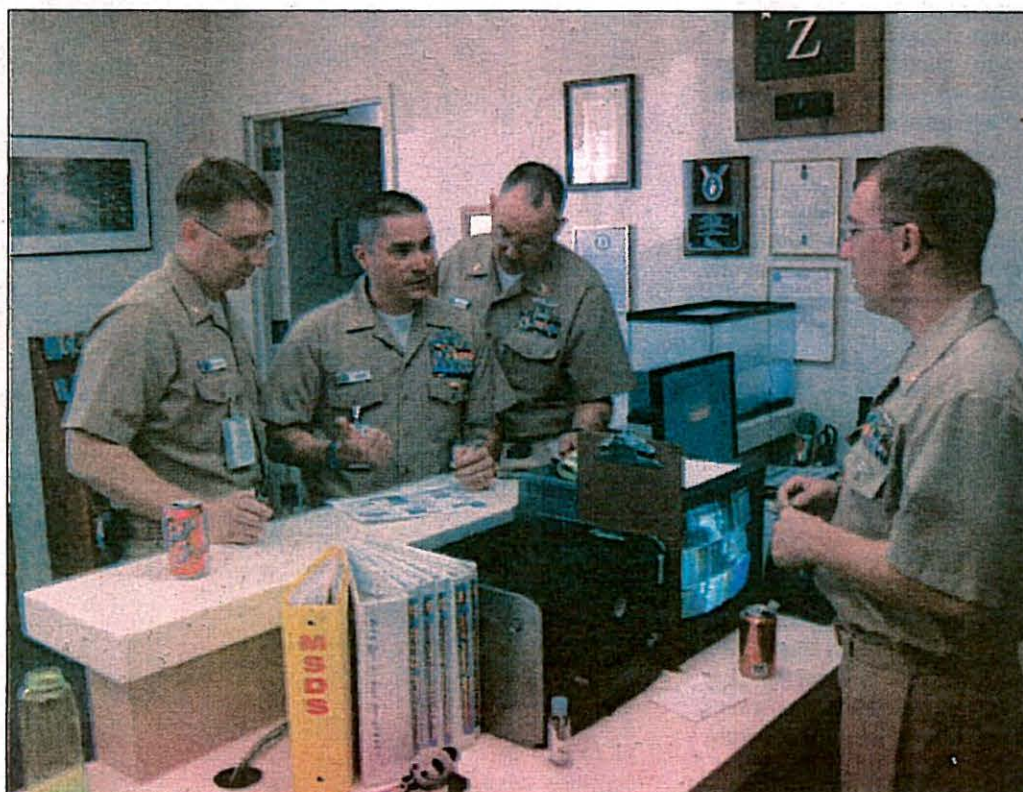
By Dan Barber, Public Affairs Officer  
Robert E. Bush Naval Hospital

One of the command's strategic goals is to maintain this facility as a work place of choice for its staff.

In keeping with this strategic pledge, the hospital maintains an attractive and comfortable Bachelor Enlisted Housing (BEH) which provides most every thing needed for a comfortable residence. Included are fully appointed kitchens for the residents to use in preparing their own meals, free laundry facilities, computer rooms with internet access, barbeque and picnic tables and a basketball court. Also, each attractively furnished room has its own full bathroom with shower.

In 2003 the BEH was dedicated as Carson Hall in honor of a former Command Master Chief, HMCM Craig Carson. Master Chief Carson was instrumental in making sure "his Sailors" were taken care of at the barracks. This dedication resulted in the barracks receiving the Five Star level of the Zumwalt Award in 2002.

Last month the hospital's Board of Directors held one of its board meeting in the lounge on the second deck of Carson Hall. Following this meeting the hospital's directors toured and inspected the barracks to ensure the residents had everything they need for a comfortable residence. "Leadership is expected to make decisions everyday regarding facility condition and management. To actually hold our Board of Director's meet-



From left to right, Lt.Cmdr. Eric Palmer, Acting Director for Administration, HMC David Pope and HMCS Rodney Ruth receives a briefing from OSC William Garbe, Barracks Manager.

ing outside the hospital was a great opportunity to not only evaluate the physical condition of our BEQ but it also allowed us to see first hand how our Chief Petty Officers are

conducting weekly room inspections and monitoring good order and discipline," said Captain Bruce Laverty, Executive Officer, Naval Hospital Twentynine Palms.

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Who's snoring!

# Snoring Can Be a Sign of a Larger Problem

By Martha Hunt, MA, Health Promotions Coordinator  
Robert E. Bush Naval Hospital

**S**o your spouse, kids and the dog tell you over and over that you are snoring? Well, snoring can be a sign of a larger problem called sleep apnea. What is sleep apnea and why is it dangerous? Sleep apnea is a serious, potentially life-threatening condition that is far more common than previously believed. Sleep apnea is a breathing disorder characterized by brief interruptions of breathing during sleep.

Sleep apnea occurs in all age groups and both sexes. It has been estimated that as many as 18 million Americans have sleep apnea. People most likely to have or develop sleep apnea include those who snore loudly, are overweight, have high blood pressure, or have some physical abnormality in the nose, throat, or other parts of the upper airway. Sleep apnea seems to run in some families, suggesting a possible genetic basis. Other risk factors for sleep apnea include having a small upper airway (or large tongue, tonsils or uvula), having a recessed chin, small jaw or a large overbite, a large neck size (17 inches or greater in a man, or 16 inches or greater in a woman), smoking and alcohol use, being age 40 or

older, and Ethnicity (African-Americans, Pacific-Islanders and Hispanics).

Obstructive sleep apnea can also occur in children who snore. If your child snores, you should discuss it with your child's doctor. It is very difficult at present to estimate the prevalence of childhood obstructive sleep apnea because of widely varying monitoring techniques, but a minimum prevalence of 2 to 3 percent is likely, with prevalence as high as 10 to 20 percent in habitually snoring children.

There are three types of sleep apnea: central, obstructive and mixed. Central sleep apnea, which is less common, occurs when the brain fails to send the appropriate signals to the breathing muscles to initiate respiration. Obstructive sleep apnea (OSA) is far more common and occurs when air cannot flow into or out of the person's nose or mouth although efforts to breathe continue. Mixed sleep apnea is a combination of central and obstructive.

Because of the serious disturbances in their normal sleep patterns, people with sleep apnea often feel very sleepy during the day and their concentration and

daytime performance suffer. The consequences of sleep apnea range from annoying to life threatening.

People with sleep apnea are at double the risk of being in a serious car crash and three to five times more likely to be in a serious crash involving personal injury. Researchers also conclude that sleep apnea is associated with: a twofold increase in the risk of gestational diabetes and a fourfold increase in the risk of pregnancy-induced high blood pressure.

Sleep apnea that is left untreated can cause: high blood pressure and other cardiovascular disease, night time heart attacks,

memory problems, weight gain, impotency, headaches, depression and diabetes. Moreover, untreated sleep apnea may be responsible for job impairment which includes safety and accident issues. Nearly 80 percent of people with sleep apnea remain undiagnosed and untreated.

Others signs of sleep apnea may include: morning headaches, feeling irritable, not being able to concentrate on your work, mood swings or personality changes, perhaps feeling depressed, dry throat when you wake up and frequent urination at night.

If you have mild sleep apnea, some changes in daily activities

or habits may be all that are needed. Avoid alcohol, smoking, and medicines that make you sleepy as they make it harder for your throat to stay open while you sleep. Lose weight if you are overweight as even a little weight loss can improve your symptoms. Sleep on your side instead of your back since sleeping on your side may help keep your throat open.

Fortunately, sleep apnea can be diagnosed and treated. Several treatment options exist, and research into additional options continues. If you think you or a family member has sleep apnea, contact your primary care provider for more information.

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## Bees Bees Everywhere! What to do if stung!

By Martha Hunt, MA, Health Promotions  
Robert E. Bush Naval Hospital

**E**ven though summer will start winding down soon, there are still plenty of stinging insects buzzing around Morongo Basin. Most bees and insects will not attack when left alone. However, if provoked, a bee will sting in defense of its nest or itself. Bees, wasps, hornets, yellow jackets and fire ants typically cause the most allergic reactions. Mosquitoes, ticks, biting flies and some spiders can also cause reactions, but these are generally milder.

To reducing the risk of being stung by bees: Wear light-colored, smooth-finished clothing. Avoid perfumed soaps, shampoos, and deodorants. Don't wear cologne or perfume and avoid bananas and banana-scented toiletries. Wear clean clothing and bathe daily as the smell of sweat angers bees. Cover the body as much as possible with

*Continued on page 7*

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The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.



# Breast Cancer Awareness Month is Coming Up

**N**ext month is National Breast Cancer Awareness Month. The American Cancer Society estimates 175,000 women will be diagnosed with breast cancer this year, and about 43,300 women will die of the disease.

It is the second leading cause of cancer death in women. More women will be diagnosed with breast cancer than any other type of cancer this year. During the month of October, the American Cancer Society is marking National Breast Cancer Awareness Month, an annual effort to focus attention on the disease.

Breast cancer is a malignant tumor that starts from cells of the breast. A malignant tumor is

a group of cancer cells that may invade surrounding tissues or spread (metastasize) to distant areas of the body. The disease occurs almost entirely in women, but men can get it too. Early detection and effective treatment is expected to reduce the number of women who die from breast cancer, and developments of new methods of prevention continue to be studied.

Breast cancer can sometimes be associated with known risk factors for the disease. Many risk factors are modifiable though not all can be avoided. Hormones produced by the ovaries, beginning to menstruate at younger age, never having any children or having first child after the age of 35, or beginning menopause at a later age all increase a woman's risk of

developing breast cancer. Also, a high-fat diet, lack of exercise, postmenopausal weight gain, drinking alcohol, and inheriting specific genes put women at higher risk.

Screening refers to tests and exams used to find a disease, such as cancer, in people who do not have any symptoms. The earlier breast cancer is found, the better the chances that treatment will work. The goal is to find cancers before they start to cause symptoms. The size of a breast cancer and how far it has spread are the most important factors in predicting the outlook for the patient. Most doctors feel that early detection tests for breast cancer save many thousands of lives each year.

Following the guidelines given here improves the chances that

breast cancer can be found at an early age and treated successfully.

The American Cancer Society recommends the following guidelines for finding breast cancer early in women without symptoms.

**Mammogram:** Women age 40 and older should have a mammogram every year and should continue to do so for as long as they are in good health.

**Clinical breast exam:** Women in their 20's and 30's should have a clinical breast exam (CBE) as part of a regular exam by a health expert, preferably every 3 years. After age 40, women should have a CBE by a health expert every year.

**Breast self-exam (BSE):** BSE is an option for women starting in their 20's. Women should

report any changes in how their breasts look or feel to their healthcare provider right away. Report any of these changes: lump or swelling, skin irritation or dimpling, nipple pain or the nipple turning inward, redness or scaliness of the nipple or breast skin, or a discharge other than breast milk.

**Women at high risk:** These women should speak with their doctor about the best approach for them, which may mean starting mammograms at a younger age and/or more frequent exams.

If you would like to learn more about breast cancer or screening, please contact the Breast Health Coordinator at 830-2501. These exams can be scheduled by calling Central Appointments at 830-2752.

# Natural Disasters Can Lead to Medical Emergencies

By Kristen Ward  
TriWest Healthcare Alliance

**T**he recent floods in the Midwest, wildfires in Northern California and earthquake in Southern California, are reminders that Mother Nature's fury can strike at anytime.

TriWest Healthcare Alliance assures TRICARE beneficiaries and families affected by any natural disasters such as fire, earthquake, hurricane or flooding, that their health care benefits will be maintained, and that service and support will continue during those critical times.

Prepare a Disaster Readiness Kit

TRICARE advises its beneficiaries to prepare emergency safety kits that include health care information if you have to evacuate your home. Having this information and other items organized in emergency safety kits prior to inclement weather will help alleviate stress and ease the burden on family and loved ones.

Supplies to include in the kits are non-perishable foods, flashlights with extra batteries, a battery-powered radio, extra eyeglasses and first-aid supplies.

TRICARE recommends including these additional

health-related items:

- \* Copies of each family member's TRICARE and military ID cards, medical records or other health insurance cards

- \* List of doctors names and contact information

- \* List of emergency contacts and phone numbers

- \* List of family members' allergies

- \* A 30-day supply of any prescription medications or over-the-counter medications such as anti-pain, antacids, etc.

- \* A 30-day supply of insulin, if applicable

- \* List of model and serial numbers for medical devices such as pacemakers

All paper items should be kept

in plastic bags and placed inside waterproof backpacks or duffle bags placed in easy-to-find locations so they can be grabbed quickly. Prescriptions should be stored in proper containers.

To learn more about how to prepare for disasters, visit <http://www.tricare.mil/mybenefit/ProfileFilter.do?pur=%2Fhome%2FLifeEvents%2FPreparinGForADisaster>.

## Know Your Benefits Information

Your benefits will travel with you if you are displaced or evacuated outside of TriWest's 21-state region during a disaster. If you need medical care:

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Service Center (TSC) or TriWest at 1-888-TRIWEST (874-9378) to verify that it is still open.

- \* Contact TriWest immediately at 1-888-TRIWEST (874-9378) if you are displaced or evacuated to a state outside of TriWest's 21-state region to ensure coverage at the new location.

Beneficiaries enrolled in TRICARE Standard, a fee-for-service option, may seek care from any TRICARE-authorized provider.

- \* In case of an emergency, call 911 or seek treatment at the nearest emergency room for treatment. For TRICARE Prime/TRICARE Prime Remote

enrollees, emergency care does not require a referral or authorization; however, beneficiaries or a family member should notify TriWest at 1-888-TRIWEST (874-9378) within 24 hours or as soon as possible after receiving emergency care.

If a disaster hits your area, you can manage your health care 24/7 from any location with an Internet connection by visiting [www.triwest.com](http://www.triwest.com). You may also find general updates and disaster-related resources at TriWest's newly-launched "Crisis Connection" site at [www.triwest.com/crisisconnection](http://www.triwest.com/crisisconnection).

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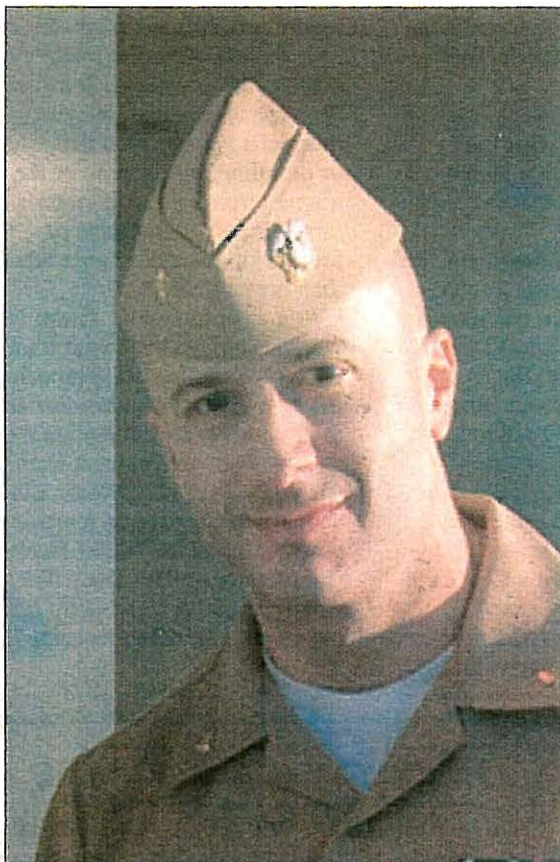
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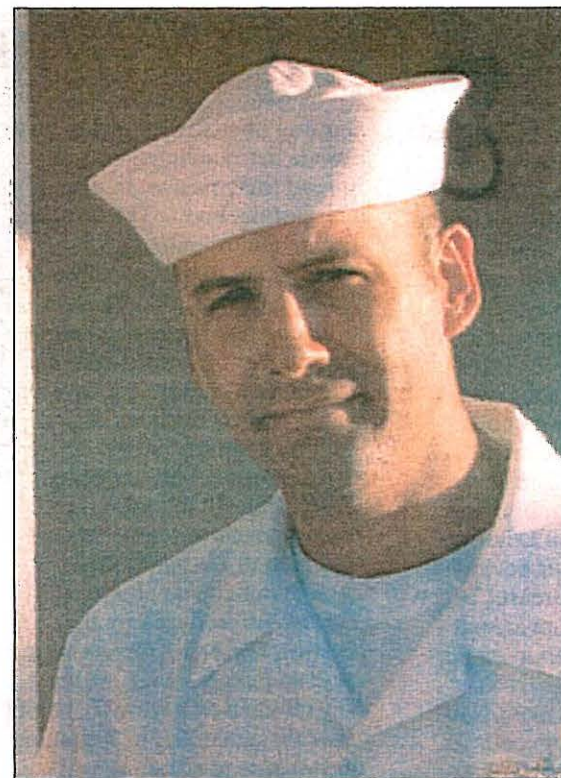
# Super Stars...



*Lt. Cmdr. Benjamin Shwartz, Pharmacist, receives a Navy and Marine Corps Commendation Medal, Gold Star in Lieu of Second Award.*



*Hospitalman Lauren Kelly, General Surgery Clinic, receives a Navy and Marine Corps Achievement Medal.*



*MA2 Ernest Lopez, Security Department, receives a Navy and Marine Corps Commendation Medal.*



*Department Head Installation Excellence Award.*

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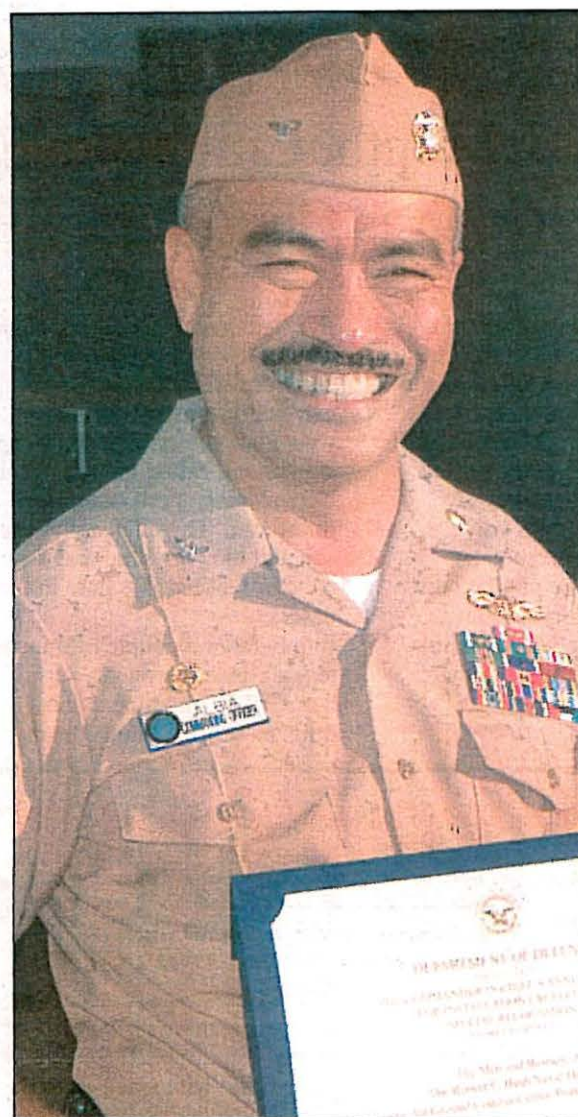


*Lt. Cmdr. Timothy Rooney, Department Head, Radiology Department, receives the Chief's Annual Award for Installation Excellence Special Recognition for the men and women of his department.*

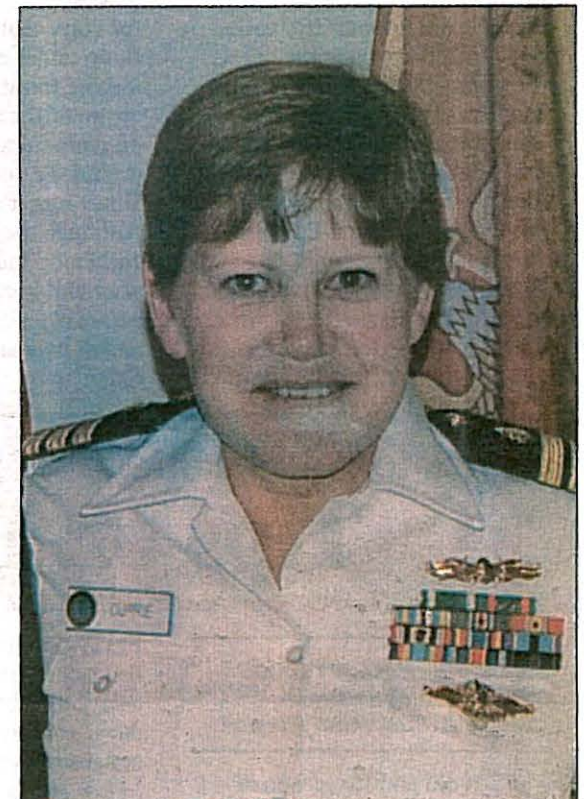




*7YN Department accepts the Commander in Chief's Annual Award for Special Recognition certificate, on behalf of the men and women of his*

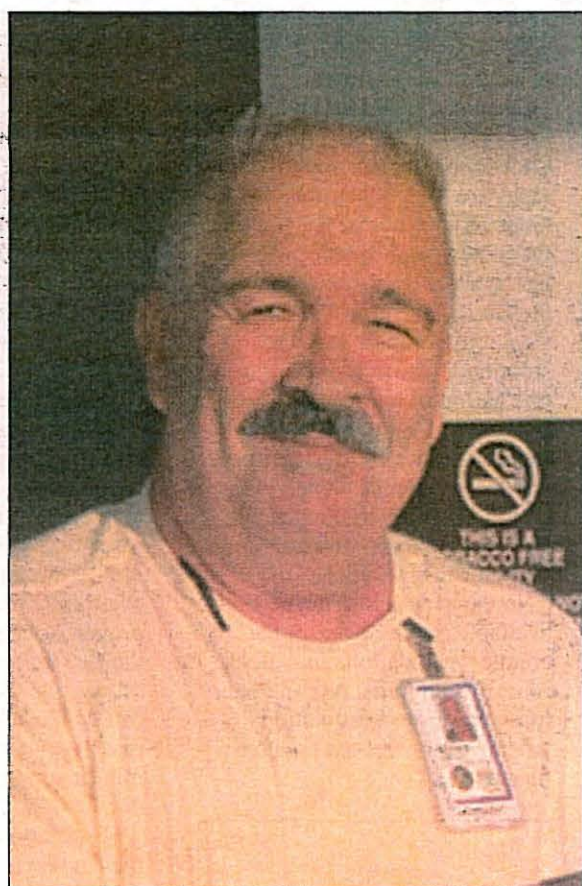


*Captain Don Cenon B. Albia, Commanding Officer, Naval Hospital Twentynine Palms, receives the Commander in Chief's Annual Award for Installation Excellence Special Recognition certificate on behalf of the men and women of the command.*



*Commander Eve Curry, Director, Branch Clinics, was recently promoted to her current rank.*

*Continued on page 8*



*he Commander in Chief's Annual Award for Installation Excellence Special Recognition certificate.*

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## Ombudsman Corner

# September is Baby Safety Month, Children's Eye Health and Safety Month and the 1st--7th is Child Injury Prevention Week



Did you know that the majority of childhood injuries seen in doctor's offices and ERs nation wide include: poisoning, drowning, burns, choking, falls, electrical accidents, and suffocation/strangulation? With this in mind, take the time to take a look around your home and vehicle to make sure they are "Child-Proof."

As children grow older, we tend to get a little relaxed with what they are allowed to play with and what we allow to be intro-

duced into their environment. Remember to keep an eye out for coins that have fallen on the floor, under chairs or in cushions of furniture. Make yourself aware of the age limits posted on games and toys, they are posted for your child's safety. Don't forget about shots! Although they are not the best childhood memory, keeping your children updated on shots can make a difference in their health now and as they get older.

Eye health and safety are important for everyone, especially children. Talk to yours about eye safety, why we (should) wear eye protection when using equipment, riding off-road vehicles, playing sports, and while in the sun. The intensity of the sun and blowing sand and dust are constant hazards here in the desert. It only takes a couple of minutes to walk in and around your home. Take the time and be diligent. Look at items from

your child's point of view and notice what could possibly lead to injury and get rid of it or fix it so that it is no longer a hazard.

## Resource of the Month:

- \* Operation Homefront's Community of Military Wives and Women in Uniform
- \* LOTS of resources for families of the deployed
- \* Includes articles and links to many resources

Here's to your health...

# Tips on Preventing Colds and The Flu

By Martha Hunt, MA Health Promotions Coordinator  
Robert E. Bush Naval Hospital

Cold and flu season is right around the corner. In fact, colds and flu are the leading cause of visits to the doctor, leading cause of school absenteeism and the leading cause of missed work.

What are the symptoms of colds and flu? How can you tell which you have? Cold symptoms include sneezing, scratchy & sore throat, mild cough, and runny nose. Most people recover from colds in 2 days to 2 weeks.

Flu symptoms include chills, headache, dry cough, body aches, and fever. After a few days, you can also develop nasal congestion and a sore throat.

How do you catch a cold or the flu? Cold viruses are mostly spread by direct contact. For example, a person with a cold may touch their face or nose, spreading even just a little mucus onto their hands. This person then transfers the virus to another person by shaking hands or other direct contact. This newly infected person then touches their nose or mouth and this allows the virus to enter their body.

Flu viruses are spread in the air. If a person with the flu sneezes, coughs or speaks, the air is filled with small droplets of mucus that contain the flu virus. Then you breathe this contaminated air, and become sick with the flu.

What are the best ways to prevent the spread of colds and flu? Wash your hands! Use soap and warm water. Wash all of your hand surfaces, including your wrists, and wash for at least 10 seconds. Use the towel to turn off the water faucets so you don't re-contaminate yourself with cold and flu viruses.

Cover your nose and mouth when you sneeze and cough! Didn't your Mom teach you this as a kid? Well, she was right. Covering your mouth and nose when you sneeze or cough prevents you from giving your flu

or cold to someone else.

Clean and disinfect high traffic areas in your home! The kitchen, bathroom, and kids areas are high contamination areas in your home. By keeping them clean and disinfected, you kill most of the viruses causing the flu.

An easy to make disinfecting solution is one cup of bleach in one gallon of warm water. However, if using a bleach solution on children's toys, use only one tablespoon of bleach in one gallon of water. Remember! Never mix bleach and ammonia as a cleaning solution!

No cure for a cold or the flu is available, but many over the counter medications may help relieve symptoms. Ask the pharmacy for more information when taking over the counter meds.

Suggestions for treating a cold or the flu:

- \* Get plenty of bed rest
- \* Drink LOTS of fluids
- \* Take a safe pain reliever for headache and fever. ALWAYS ask a health care provider before giving any pain medication to children under the age of 20 years and never give aspirin to kids.
- \* Use over the counter medications for congestion, cough or nasal discharge
- \* For flu, a flu vaccination can help prevent flu or lessen the severity if you do get it.
- \* Taking large doses of Vitamin C has never been proven to help prevent colds or the flu. In fact, taking too much of any vitamin or supplement can be harmful! Ask the pharmacy about safety of any vitamin or supplement before taking it!
- \* Smoking can make a cold or the flu worse as far as both severity and the length of time you are sick. Call 830-2814 if you are interested in tobacco cessation.

The best way to prevent getting a cold or the flu is by basic good hygiene! Your mom told you to cover your mouth and wash your hands for a reason; so you would be healthier and happier.

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### TIRES & WHEELS

## Second Class Petty Officer Association Tackles Highway 62 Litter

**O**n July 26, 2008 Members of the Second Class Petty Officer Association comprised of 2nd Class Petty Officers from the Naval Hospital and Various Marine Units around the Combat Center took part in the Adopt the Highway

Clean up.

The Second Class Petty Officers took over the 2 mile Section of Hwy 62 that was previously assigned to the FMF Corpsman.

The 2 mile stretch starts just past Lear Avenue and heads East to just before Stater Brothers

Shopping center area. A group of 13 Volunteers met at Stater Brothers at 7:30 a.m. and covered both sides of the 2 mile stretch of the highway gathering over 30 Bags of trash.

After the clean up the Second Class Petty Officer Association met at the home of the

Associations President HM2 Bobadilla for a Potluck Brunch.

The Association plans on conducting the Highway clean up twice a month on Saturdays. Even though the Highway cleanup is sponsored by the Second Class Petty Officers association, the cleanup is open

to all hands that would like to volunteer their time to help out.

For more information on the Highway Clean Up or about the Second Class Petty Officer Association please contact SK2 Ellis at robert.ellis@med.navy.mil.

## What to do if stung...

*Continued from page 2*

clothing. Avoid flowering plants. If a single stinging insect is flying around, remain still or lie face down on the ground. The face is the most likely place for a bee or wasp to sting. Swinging or swatting at an insect may cause it to sting.

If you are attacked by several stinging insects at the same time, run to get away from them. Go indoors to get away from bees that are threatening you. If outdoors, a shaded area is better than an open area to get away from the insects. If a bee gets inside your vehicle, stop the car slowly and open all the windows.

What to do if a person is stung? For mild reactions: Move the victim to a safe area to avoid more stings. Try to remove the stinger by scraping or brushing it off with a firm edge, such as a credit card. Never squeeze the stinger or use tweezers as it will cause more venom to go into the skin and injure the muscle. Wash the site with soap and water and then swab the site with disinfectant.

To reduce pain and swelling, apply ice or a cold pack and then apply 0.5 or 1 percent hydrocortisone cream, calamine lotion or a baking soda paste to the bite or sting several times a day until the symptoms subside. Have someone stay with the victim to be sure that they do not have an allergic reaction. Do not scratch the sting. This will cause the site to swell and itch more, and increase the chance of infection.

For severe reactions: Severe reactions may progress rapidly. Dial 911 or call for emergency medical assistance if the victim experiences any of the following signs or symptoms: Difficulty breathing or wheezing, swelling of the lips, throat, face or neck, faintness or dizziness, confusion, rapid heartbeat, hives, nausea, cramps or vomiting and finally a drop in blood pressure.

While waiting for emergency transportation, have the person lie down. If unconscious and breathing, lay the person on their side to allow drainage from the mouth. If there is no breathing, movement or response to touch, begin cardiopulmonary resuscitation (CPR) immediately! Check to see if the person is carrying an allergy kit containing epinephrine and follow instructions on the kit. People with known allergies to insect stings should always carry an insect sting allergy kit and wear a medical ID bracelet or necklace stating their allergy.



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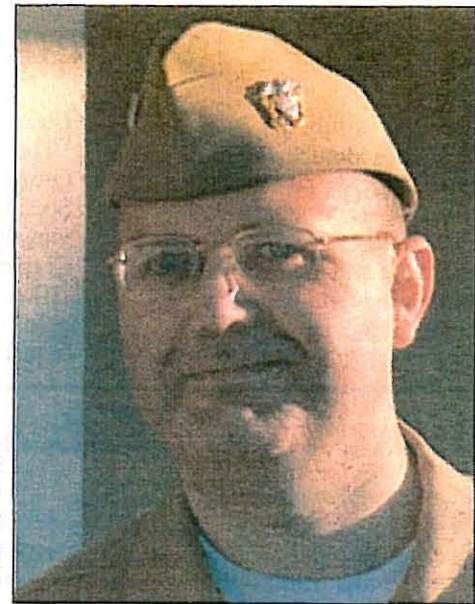
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# Super Stars...



*Rosemary Zadroga, Inpatient Administration, left, receives a 5 Year Federal Length of Service Award.*

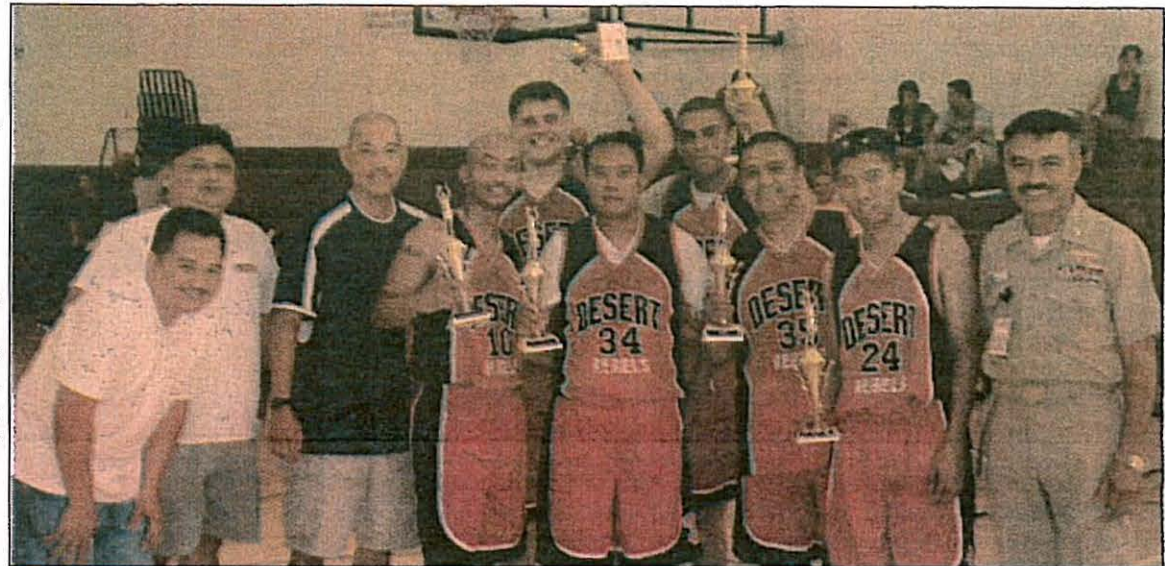


*Lieutenant Jason Robinson, right, Multi-Service Ward, receives a Navy and Marine Corps Commendation Medal.*



*HM3 Anna Cruz, top left, HM3 Ralph Diego, top right, receive their Second Good Conduct Award, and HM3 Jessica Reyes, left, received her first Good Conduct Award.*

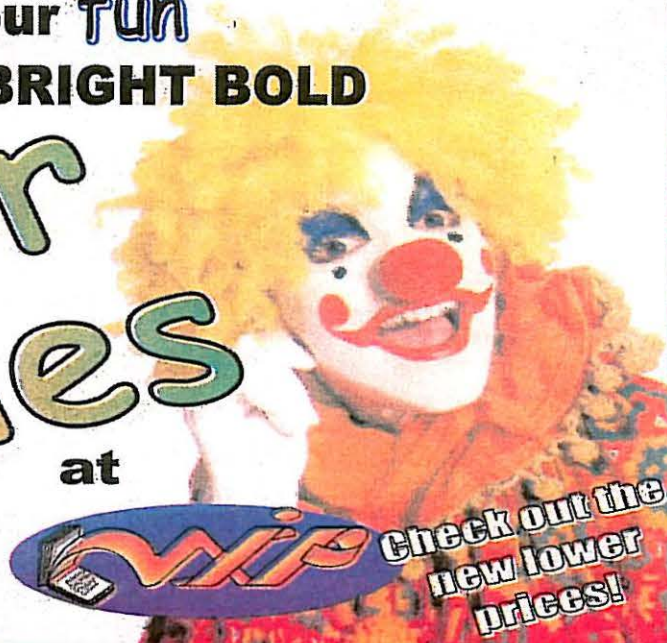
*The Desert Rebels, right, received a trophy from Captain Don C. B. Albia, Commanding Officer, Naval Hospital Twentynine Palms, after defeating Pride Rice 66-42 to capture the first Twentynine Palms Basketball Association Title Aug. 5.*



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*Lieutenant Commander Allyson Watson takes the oath during her recent promotion ceremony.*